

# LUND BARNACLE

Spring 2012  
\$ 2.00

All proceeds go to the Lund Community Society



## Lund Breeds World Travellers

To read Shannon Bomford's Grand Canyon kayaking experience see page 8 and 9.



The Voice of Lund and the Region  
a 9-1-1 community  
[www.lundcs.org](http://www.lundcs.org)  
[www.lundbc.ca](http://www.lundbc.ca)

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# The Lund Barnacle

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The Lund Community Society

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The Lund Barnacle is published seasonally. All proceeds go to the Lund Community Society, a non-profit organization providing community services to Lund and Region. Submissions are welcome in the form of articles, news items, letters to the editor, fillers, graphics and photographs. We reserve the right to edit for clarity and length. Submit to the Barnacle in the Lund Community building or contact Eve at 483-4050 or email [barnacle@lundcs.org](mailto:barnacle@lundcs.org).

**\*\*We will now be invoicing annually for advertising. Invoices are sent out after the fall issue.\*\***

## Editorial Policy

The Barnacle is a forum for ideas in the Lund community. Editorial policy is to print what people submit in their own voices as much as possible, respecting the paper's purpose of providing a forum for the community on things that matter to its members.

The Lund Community Society is comprised of community volunteers. No member of the Board of Directors receives a salary or wages.

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## Editorial

Lund in the winter seems to lose quite a few residents. We are a transient community of loggers and fishermen, seasonal employees and self employed. Due to its slow pace in the dark time of winter many people feel drawn to the sun; to explore the world. Many return...and many do not. In this edition of the Barnacle is a story of a Lundie, born and raised. She is a world traveller, an adventurer and she always comes home.

Travelling and adventuring takes courage. Exploring unknown territory, a new culture, bringing yourself out of your comfort zone. It is a way of testing yourself. Finding out where your boundaries are. Learning about yourself the more you open yourself to new experiences. There is an aspect of fear to face when travelling.

I am about to embark on an adventure to Peru; going deep into the Amazon jungle and then exploring other parts of the country. Facing fear will definitely be a part of the experience. I have already faced many fears around what may, or may not happen during my travels.

Fear can be healthy in that it keeps us alive. It gives us common sense. It is a basic instinctual sense of survival. And then there is the fear that is limiting, even crippling; keeping us in our comfort zone. It can keep us from having new experiences and expanding our horizon; keeping us sedentary.

I've always had the philosophy to try new experiences. This is what moved me to BC, and eventually to Lund. I do not want to live life wondering what if. Facing fear has helped me to find out what is rather than what if.

Blessings,  
Eve

## 2012 Advertising Rates

Business Card Size: \$10.00  
Double Business Card Size: \$20.00  
Quarter Page: \$30.00  
Half Page: \$50.00  
Full Page: \$90.00

All proceeds support the Lund Community Society

Next edition is July 2012.  
Deadline for submissions is the 15<sup>th</sup> of June.



# Lund Community Society

## Goodwill Committee Spring 2012 Report

The Goodwill Committee sent out only three cards since the last Barnacle. Two were new baby congratulations, and one a get well/thinking of you card.

The Goodwill Committee also sources a package to welcome new residents to Lund, available at the post office, containing a welcome letter from the Goodwill Committee, a free issue of the latest Barnacle, a gift certificate from Nancy's Bakery (thanks Nancy), a gift certificate from The Lund Hotel (thanks Vanessa), a gift certificate from The Boardwalk Restaurant (thanks Rayanna), a watercoloured note card by Rianne Matz (thanks Rianne), and a brochure on Lund (thanks Lund businesses). New residents moving to Malaspina or Craig Road or anywhere else in Lund can pick up their package at the Lund post office. Just stop by and let Ruth know you're here.

The Goodwill Committee of the Lund Community Society exists to nurture a sense of community in Lund by acknowledging and sharing important events in people's lives and letting them know that we care. It's only possible to contact those people we hear about, so please call Sandy at (604) 483-2395 with any news you think should be acknowledged.

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## **Lund Harbour Authority Annual General Meeting Wednesday, April 18 Lund Community Center 5pm**

**All Welcome!**

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Only \$2.00 takes you right to the Town Centre Mall where you can do all your shopping, have lunch, meet friends, or get to your appointments. Then for \$2.00 you can catch the bus back. Cheaper than driving!

Tuesdays and Fridays  
Departs Lund Hotel 10:55am  
Departs Town Centre Mall 4:05pm

# *The Blueberry Patch*

Anne Cressy

An opportunity to travel through the Canadian Quetico National Park and the American Voyageur National Park, otherwise known as the Boundary Waters canoe area, was a once in a life time chance that I could not miss. The parks are comprised of a series of interconnected lakes and rivers that straddle and twine through the Ontario and Minnesota borders. As the park name indicates, they mark waterways that were once the superhighways of this continent and form the dividing line between the United States and Canada. Their shores held not only traces of those former travelers' footsteps but as well the stone paintings and camps of the Algonquin people. One most enticing aspect of the parks is that no motor boat traffic is allowed on the water, nor is air traffic allowed above. The only people you're going to see are other canoers, maybe kayakers. That was my reason for traveling via plane from Vancouver to Winnipeg to hop on a bus for an eighteen hour ride to Fort Frances to catch a canoe ride. Except for a distant sighting during our crossing of Kabetogoma, the largest lake in the series, there were no other boats for a beauty two weeks worth of days.

Eighty years previous a dam had brought the water levels up by twelve feet throughout this section of the border waters, burying much evidence of the past. Painted red oxide petroglyphs with their precious stories had not been lost, having been painted twenty feet above the original water line. The preservation of those petroglyphs was one of the strongest arguments used in closing the parks to motor boats.

It was the last day of my part of my companions cross country canoe trip. We had followed the paddle strokes of the Voyageurs who had been following the Algonquin. Every lunch break, swimming hole, camp site, and berry bush that we enjoyed showed evidence, if you knew what to look for of the previous visitors. As the days had rolled by I found myself half expecting to catch up with the humans who'd left coals from fires hundreds of years old. In places where generations of camp fires had been burned, hundred to two hundred year old trees often grew out of the heart of the old fire and stood as testament to the nourishment from the bones and debris left in the coals.

I would need to go to the Customs Office in Crane Lake Minnesota and check in before boarding a bus to start the trip back to B.C. There was a perfect swimming rock and tiny beach at the campsite that made it ideal for cleaning up the gear and ourselves. When that was done I found myself wondering if there were any blueberries on the island. The native blueberries were ripe and had been a luscious source of fruit as we'd island hopped. Like everyone before us, we camped on islands to avoid bears, who, during berry season could be trouble for a camper or more particularly for a campers food stash. We had eaten through all our sweet treats except for a couple of servings of maple syrup making the possibility of pancakes with blueberries for dinner plenty of reason to explore.

As usual my thoughts turned to those unknown others who'd created the barely perceptible path that my feet had found. When I wiped sweat and hair out of my face I felt the yellow pileated flicker wing feather I'd put there in the morning. It had been on the ground on the same path past the outhouse. The further I traveled the path the more it opened up making my passage to the other side of the island go quicker than I expected. There was no mistaking the blueberry mother lode when I found it. I was surrounded by the low lying shrubs on both sides of me as far as I could see. And the heavenly smell that was coming from the over ripe berries that had fallen onto the hot rocks under the bushes was mouth watering.

I hunkered down and started picking without exploring further. My container served at first to collect enough berries to throw berries by the cup full down my throat to quench my thirst. As I made my way, picking and eating I knew that this patch of berries bushes had served as manna from heaven supporting life for tens of generations of nomadic hunter gatherer people.



Out of the corner of my ear I could hear a young girl telling her cousin and friend that she need not be scared about bears, that's why they made the stop to harvest the blueberries of Blueberry Island. In my mind's eye I was surrounded by a large group of native women hunkered as I was, waddling as they moved to the next bush concentrating on the task to hand. I heard a grandmother gently chide the young girl by telling her an old story of a bear on Blueberry Island from her grandmothers' time. I listened closely realizing there was a lesson in Grandmothers words for me.

As we picked I listened to their stories of healthy well fed babies, sick and aged aunties, plans for future ceremonies and celebrations, concern for the well being of the hunting men. I listened as Grandmother told another story, an unusual one about time travelers. I listened with a heart full of homecoming knowing she told this story to acknowledge my presence. It was not until the blueberries I'd been picking were overflowing the container that I found myself back from no time with an old story to tell.

To be continued in the next issue

## Sympathy and Condolences

We are sad to report that Linda Meilleur passed away on March 13<sup>th</sup>, after a long and courageous battle with cancer. Our sympathy to Louie, Simone, and John, and to all her friends and extended family.

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...contains propolis, which is a natural antibacterial that helps to prevent and treat coughs and colds, as well as stomach disorders.

...used topically has a powerful antiseptic effect for the treatment of ulcers, reducing swelling and pain and by stimulating the regrowth of tissue under the skin's surface, honey helps the healing mechanism

The Top 100 Traditional Remedies  
Sarah Merson

# Shellfish Festival

The 5th Annual Lund Shellfish Festival will be held on May 25, 26, & 27. The Chowder Challenge will begin at 6pm on Friday, May 25th at the Lund Community Hall. Saturday and Sunday's events will be held along the Lund Harbour waterfront.

Due to the popularity of the Whale Singing Contest last year, this year there will also be a Raven Calling Contest. Start practicing!

The Northside Volunteer Fire Department will once again cook up a pancake breakfast on the deck of the Boardwalk Restaurant from 9am - 11am. Only \$5 for pancakes, sausages, bacon, and coffee.

Any craft vendors who are interested in selling their wares, please contact Anne Cressy at 483-2128, and any food vendors who are interested in cooking delicious seafood for sale, please contact Roy at 483-2201.

More information and a Schedule of Events is available at [www.lundbc.ca](http://www.lundbc.ca).

Ann Snow



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email: [twolarry@hotmail.com](mailto:twolarry@hotmail.com)

## **January 2012 Crossword Answers**

ANSWER TO NO. 25

B	A	P	C	O		O	U	S	T	S
O	R	I	O	N		U	S	U	A	L
L		C	I	T	I	Z	E	N		E
E	S		N	O	N	O	S		T	D
R	E	G		P	T	S		P	E	G
O	R	L	E		E		S	I	R	E
	V	O	L	U	N	T	E	E	R	
D	I	R	K		S		A	C	E	S
I	C	Y		K	I	N		E	N	T
V	E		R	I	V	E	T		E	R
E		E	N	D	E	A	R	S		A
S	T	E	A	D		R	I	S	E	N
T	A	N	S	Y		S	P	E	N	D



# Puddlejumpers Preschool

Amanda Zaikow

Getting to know our community, and the wonderful people in it, has been a main goal for Puddle Jumpers Preschool, and the new year has seen us meet that goal in a big way. Our first field trip was to the conveniently located Lund Fire Hall, led by our friendly fire fighter Ann Snow. Each child was made to feel so special by having a turn wearing the firefighter helmet, holding the fire hose, and pumping water. The volunteer firefighters let the kids crawl all over the fire truck, set off sirens and flash lights. The kids had a blast, and learned about fire safety too.

Rayana and Roy Blackwell invited us down to the Boardwalk Restaurant, where the kids worked together to make a big salad with blackberry vinaigrette. We were then taken into the kitchen to try our hand at cutting fresh potatoes in the chip cutter, and watch the fryers in action. We were then treated to a delicious spread of the fish and chips and salad we had helped create. The kids loved the trip, and our walk through the Lund Loop, and we hope to get out on more little adventures.

Spring Equinox was celebrated with a day at Terracentric's outdoor play area south of town at Herondell. We used our senses to explore the forest, creek and ponds, and bring back treasures to decorate our nature scene diorama. The hike to the ropes course, and a few turns on the zip line were highlights!

We do spend some time in the class as well... but even that has been supplemented with special visits. Eve has dropped in to do yoga a few times, leading the kids through stretches, movement and fun. And Barbara comes to play, bringing enticing projects involving drills, seashells, found objects, and her always inspiring attitude and ability to engage the kids.

All the community support is so appreciated- this is why Lund is such a great place to raise a family. Our teacher and team of parents have lots of great ideas for Spring- gardening, playground improvements, field trips and more. Give Amanda a call if you want to be a part of Puddle Jumpers- 604 483 7928.

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## Birth Announcements

Since the last Barnacle, we have two more babies born to Lund parents. Are there more?

Congratulations to Jamie Burge on the birth of a little girl on February 11<sup>th</sup>.

A little girl was also born to Oceane and Vincente Bergeron on February 15<sup>th</sup>. Her name is Amethyste, and she joins her three brothers, Inti, Noah, and Cleo.

Best wishes to everyone!!



## Kayaking the Grand Canyon

Shannon Bomford

A year and a half ago while kayaking some small class 2 rapids with friends and discussing my love of travel, one friend said to me that sometimes they travel to try out other rivers, like the Colorado in the Grand Canyon. I had never been and asked if I could join them. In order to I would have to learn how to kayak higher class rapids since there would be a lot of those on the Colorado River. Kayaking class 3 rapids and up is quite scary but through a lot of practice I got used to it. I even had the opportunity to kayak a class 4 on the Skyhomish River in Washington State on my 4th day of training. (I didn't want to do it at the time, but it was either go down the rapid in a kayak which would take a minute, or get out of the river and carry my kayak around it on a path which would have taken over half an hour. After getting out and scouting the rocky rapid, I chose my complex route through it wisely and my attempt was successful, I made it to the bottom of the rapid without assistance, however I only followed the first half of my route before falling out of my boat, climbing back in, and clumsily weaving my way to the bottom while trying to not fall out again.)

As the departure date approached I grew quite nervous and worried about possible injury and death. It would also be cold as it was going to be 3 weeks in the middle of winter while we were in the canyon and direct sunlight would be minimal. We were at the bottom of the canyon and would catch only some mid day sun. I needed to prepare for the trip by making meal plans for 8 people, do grocery shopping and I needed to borrow, or invest in some winter camping gear. I crossed the border into the U.S. at the beginning of December and headed to Bellingham where most of my trip mates were from. After more shopping packing up the vehicles we drove 32 hours to Flagstaff Arizona where we rented one more raft, a handful of rafting and camping accessories from an outfitter shop. It was a short drive from there to the put-in site on the Colorado River. A mile below Glenn Canyon Dam (which holds up Lake Powell and continuously flows water down the Grand Canyon) we pumped up our boats (2 rafts, an inflatable kayak and set out 2 hard shell kayaks) and organized our belongings and camp gear. After we packed everything onto the 2 supply rafts we got a good nights' rest. In the morning a ranger oriented us we were off down the river.



The canyon was much more beautiful than I had expected. I didn't realize there was so much more to it than just rock walls and water. The Grand Canyon is full of birds, fish, bugs, rodents, mammals and many types of plant species. The geologic formations are extraordinary. If we had had a fishing permit and a fishing rod we could have fished as much as we wanted; the catch was unlimited and there were fish everywhere. We didn't need the fish because we ate gourmet meals every night, fresh baked desserts from dutch ovens and the leftovers were plentiful. Every morning we'd wake up before sunrise to eat breakfast, pack up the rafts and paddle the river all day. The lunchtime stop was usually at a beach or beside canyon for a hike. Arriving at our next camp in the late afternoon or early evening to set up tents and make dinner. Some days we'd have a layover day and go hiking all day instead of paddling. There were no guided tours on the river during December as winter isn't really tour season. Even though most days were quite cold we only had one evening of light rain and almost every day was sunny with clear skies. The hikes were amazing, the first one I went on I had to turn around every 5 minutes as the scenery changed while hiking up the sides of the canyon and every view was breathtaking. The rangers of the Grand Canyon National Park have marked all of the trails throughout the canyon by placing Inukshuk style piles of rocks along the trails in the areas they are harder to see and making steps sturdier when necessary so that there was no need to step off the trails. It takes 100 years for the ground for regrowth so wandering off trails is not advised. Our campsites were all on sandy beaches close to the river and often got mid-day sun.



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90% of the river is calmly moving water. I delighted in slowly floating down the river and taking in the sights and sounds of the wildlife around me until I faintly heard the far off thundering of a rapid. I could never tell just by the sound of it exactly how big the rapid would be. Approaching the top of the bigger rapids was very tense. On one vigorous rapid I fell out of my kayak half way down amidst the larger wave and, after being tossed about and finding some air pockets between the waves where I could breathe, I felt much calmer than I did when I entered the rapid. When I had reached the bottom of the rapid the waves had calmed down and my friend told me to grab the back of his kayak so I could be pulled to the shore. Two of my friends started a long hike back up the river with kayaks on their backs in search of my boat. Half an hour later I saw my kayak being towed down toward me. They had found it recirculating in an eddy. I learned two good lessons that day; the first is that swimming through a rapid is fairly easy, the second is to really hold on to your boat. From then on I was less nervous entering a rapid.

It was an exciting and enjoyable trip; amazingly beautiful scenery, wonderful company, and an experience of a lifetime. It is good to be challenged mentally, physically and emotionally. There's nothing like scaring the hell out of yourself on purpose and then being really happy that you're still alive 40 seconds later. I don't advise this activity to those faint of heart.

Shannon Bomford was born and raised in Okeover, is a world traveller and always comes back home.

The hole in the Crystal; not that bad yet



## Northside Volunteer Fire Department

The foundations are poured for the new firehall on Craig Road and construction is progressing in a timely manner. The new hall is being built to emergency and disaster relief codes and will have reserves of water as well as its own generator.

The hall will hold three fire trucks and an emergency response vehicle. There will be a small workshop for minor repairs and maintenance, as well as a dedicated training room.

Funds are being raised for an air fill machine which will be used to refill the air tanks that firefighters use when working in smokey or toxic environments. You can contribute by coming to the pancake breakfast at the Shellfish Festival at 9am on May 27th.

New volunteers are always needed and full training is provided for both firefighting and medical responses. Training takes place Monday evenings. For more information, please contact the Regional District at 483-3231.

Ann Snow



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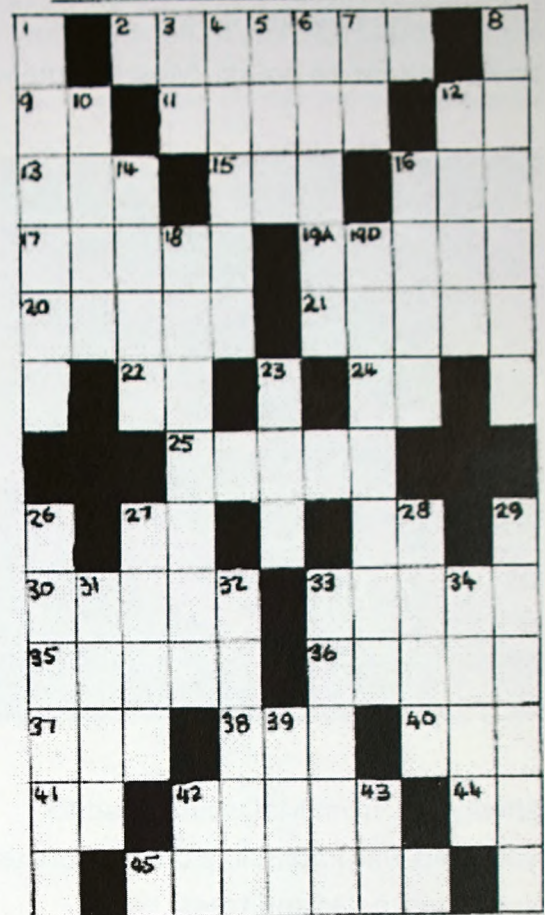


ACROSS:

- 2 GUINEVERE WAS QUEEN  
9 PARLIAMENTARIAN  
11 UNDER AGED  
12 STEEL WHEELS (ABBR.)  
13 KIND  
15 OUR MIGHTY FLEET  
16 CAVIARE  
17 BOOGIE  
19 DEADLY VIRUS  
20 RAN FOR OFFICE  
21 ALTER  
22 METALIC ELEM.  
24 MAGNETIC DIR.  
25 SHALOM  
27 MAIL SOURCE (ABBR.)  
30 PLOT  
33 SUAVE  
35 RICO  
36 Pert. to the EARS  
37 CHOOSE  
38 ROMAN 104  
40 PERIOD  
41 PREFIX IN VERBS  
42 TEMPTRESS  
44 SYMB. NEON  
45 RELAX TENSION

DOWN:

1. AMONG  
3 BEFORE NOON  
4 STUCK  
5 WITHIN (ABBR.)  
6 HERMIT  
7 EITHER  
8 AGREEMENT  
10 SMALL BED  
12 A PART  
14 BURL  
16 CLIMBER  
18 BEHAVE  
19 FAVOR  
23 OPPOSITE OF 25A  
26 AGREE  
27 FORMER  
28 EAGER  
29 IRISH KINGDOM  
31 FAITH  
32 TO BE SILENT  
33 WITCH ASSEMBLY  
34 AN IMAGE  
39 ANGER  
42 MAGNETIC DIR.  
43 CAN. TERRITORY



## Gazebo Floor Work Party

Would you like to be a part of the new Gazebo Floor?

Looking for volunteers to pour concrete, shovel sand, prepare food and more.

There are a few weekends in April that are being considered.

Contact Ray Duscharme 604-414-0698 or 604-483-6422



# The Great Windstorm of Spring 2012.

Winds around 130 km/hr knocked down power lines, trees and kept most of Lund landlocked for 24 hours. Most people were without power for longer.



Highway 101 from Malaspina Road to Pryor Road was impassible due to downed power lines, poles and trees.

